FRIDAY'S JACKPOT
Lotto MAX
$43 MILLION
estimated

TOUGH GUY LOSES FIGHT OF HIS LIFE
FORMER NHLER BOB PROBERT DEAD {page 26}

WORLD CUP
DUTCH COACH WON'T CHANGE TACTICS
SEMIFINAL TODAY {page 27}

TORONTO metro®
Tuesday, July 6, 2010
www.metronews.ca

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Fashion. Paris show

▶ Jessica Alba attends the Christian Dior show as part of Paris Fashion Week Fall/Winter 2011 at Musee Rodin yesterday in Paris, France.

PASCAL LE SEGRETAIN/GETTY IMAGES

Dior dares to deliver flower garden

Paris was in full bloom yesterday as Christian Dior designer John Galliano opened the city's fall/winter 2011 haute couture collections with a hothouse of petal-covered gowns and tulip-shaped skirts in a riot of colours.

Spy chief remains unbowed

Fadden unapologetic in face of scathing criticism from committee co-chair Don Davies ◐ CSIS director refuses to name provinces or municipalities involved

The unapologetic head of the country's spy service insists there is foreign interference in provincial politics and there is nothing wrong with Canadians knowing about it. Dick Fadden told a rare July sitting of the public safety and national intelligence committee yesterday that foreign influence over a number of provincial politicians and public servants is a "concern and a threat."

The director of the Canadian Security Intelligence Service raised that concern during a CBC interview last month and did not deny China was among the countries interfering in Canadian politics.

Fadden said he had no intention of resigning in the wake of the controversy.

He said the concerns he raised do not "constitute threats to the security of Canada" — no lives are at stake and no national secrets are believed to have been compromised — so he did not apprise Public Safety Minister Vic Toews nor the Privy Council Office.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

"I stand by my general message on foreign interference ... it is more common here and elsewhere than many think."
CSIS HEAD DICK FADDEN

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Mammoliti out of race for mayor

A Toronto mayoralty candidate has read the writing on the wall and dropped out of the race.

Giorgio Mammoliti told a news conference yesterday that he is ending his bid. Mammoliti has been trailing badly in opinion polls and says he is a realist.

He says Toronto isn't ready for some of his "outside the box" ideas.

Mammoliti will concentrate on retaining his seat on city council in this fall's civic elections.

He did not say which of the other candidates running for mayor he might support.

THE CANADIAN PRESS

News in brief

Correction

SHRINERS. The Shriners International parade will take place today. Incorrect information appeared in the Monday, July 5, paper. Metro regrets the error.

METRO NEWS SERVICES

Arrested man must wait on bail

A man facing a number of G20-related explosives and weapons charges will spend two more weeks in detention before finding out if he'll be released on bail.

Byron Sonne, 37, was arrested June 22 and is accused of possessing dangerous weapons and explosives for an unlawful purpose, among other charges.

After being postponed several times, the bail hearing ended yesterday and the court reserved its decision until July 20.

THE CANADIAN PRESS

COLIN PERKEL/THE CANADIAN PRESS

▶ Mark Calzavara, with the Council of Canadians, denounces mass detentions and police force during the recent G20 summit yesterday as professor Lesley Wood of York University looks on.

G20 security 'grotesque'

Civil rights group calls for public inquiry into police actions during G20 protests Says protesters are 'political prisoners' attacked for their views

The mass detention of people and widespread use of police force over the G20 summit weekend was a gross abuse of state power that demands an independent inquiry and the immediate release of "political prisoners," a civil-rights coalition said yesterday.

In addition, they said, those responsible for "one of the most grotesque public expressions of police brutality, intimidation and mass violation of civil liberties" need to be held to account.

Mark Calzavara, of the Council of Canadians, said police detained more than 1,000 people after some protesters broke windows and burned a few police cruisers.

"When the police are the ones that are breaking the law, that's when all of society has to really start to pay attention," Calzavara said.

"That is a far greater crime."

While the vast majority of those detained were released without charge within 24 hours, about 250 people still face charges and more than a dozen remained in custody yesterday, according to the Movement Defence Committee.

The groups called for the release of those still incarcerated, saying the mass arrests amounted to criminalizing dissent.

"These are political prisoners and they are being attacked for their views," said Chris Ramsaroop of the Asian-Canadian Labour Alliance.

Police did not immediately respond to a request for comment yesterday.

However, they have defended their actions as necessary in light of the brief orgy of vandalism that occurred on the Saturday afternoon.

THE CANADIAN PRESS

By the numbers

A coalition of various academic, legal and civil-rights groups are condemning the mass detentions of people during the Toronto G20 summit weekend. Some approximate numbers:

- **Detained:** 1,090
- **Released at scene without charge:** 113
- **Arrested and released without charge within 24 hours:** 714
- **Arrested and still face charges:** 250
- **In custody:** 16

1 news

News on the move

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CSIS stands by claim of foreign influence in provincial politics at metronews.ca/canada

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TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Colm Manning, 10, finds a way to beat the summer heat yesterday by playing in the Jimmie Simpson Recreation Centre wading pool.

Extreme heat to beat down on Central Canada through week

◗ Blackout hits Toronto as mercury reaches 33 C ◗
Heat advisory for cities from Windsor to Montreal

Central Canada will be sizzling in extreme summer heat for much of the week and people should find ways to stay cool, weather experts say.

For many Toronto residents that advice wasn't easy to follow yesterday afternoon — a large swath of the city was hit by a power outage following a fire at a transformer station. The cause of the fire was not immediately known.

The Independent Electricity System Operator reported on its website the power demand was at 24,567 megawatts at 5 p.m. — exceeding the predicted peak of 24,351.

Environment Canada issued smog and humidex advisories for parts of Ontario and Quebec yesterday, warning that humidex values are expected to be in the 40-degree range during the next few days.

High humidex

- The humidex in Toronto has reached the 40 range on several occasions in the past, including a record high of 48.0 on Sept. 1, 1953.
- The record high for Ontario was also reached earlier that year in Windsor at a whopping 52.1.

In Toronto, where the city issued an extreme heat alert, the humidex was measured at 43 at Pearson Airport.

A similar situation was unfolding in the Montreal area, where the temperature was 31 C and the humidex 40. The humidex scale measures the combined effect of both heat and humidity.

The advisory will likely be in effect until Thursday, said Geoff Coulson, a meteorologist with Environment Canada.

He said people in these areas need to find air conditioned places or cooling centres. For those whose jobs depend on being outside, Coulson's advice is to take frequent breaks and visit cooler buildings or shady areas when possible.

THE CANADIAN PRESS

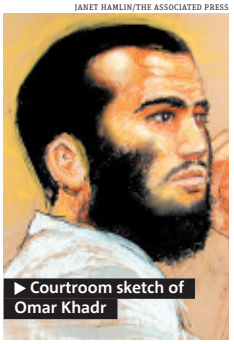
Feds given seven days to right Khadr wrong

The courts have once again concluded that the Harper government has not done enough to protect the constitutional rights of Toronto-born terrorism suspect Omar Khadr.

The Federal Court of Canada ruled yesterday that the government has seven days to come up with a list of remedies to its breach of Khadr's constitutional rights.

The Toronto native — the last Western national held at the much-maligned U.S. military prison in Guantanamo Bay, Cuba — is entitled to "procedural fairness and natural justice", said Justice Russel Zinn. He ruled that Ottawa did not meet the standard set by the Supreme Court of Canada this past January when it ordered the federal government to right the wrongs it had brought on the 23-year-old accused of killing a U.S. medic in 2002 in Afghanistan.

JANET HAMLIN/THE ASSOCIATED PRESS



▶ Courtroom sketch of Omar Khadr

The top court had declared in January that Khadr's rights had been violated and it demanded the Harper government come up with a remedy.

The government sent a diplomatic note to Washington asking that information Canadian officials obtained from Khadr during a 2003 visit to Guantanamo not be used in the prosecution against him.

Implications

- Omar Khadr's lawyer Nathan Whitling says yesterday's ruling means the government has "once again been called upon by the courts to do the right thing."
- Whitling said he hopes Prime Minister Stephen Harper and Foreign Affairs Minister Lawrence Cannon "take advantage of this opportunity" and to finally request the repatriation of Khadr.
- The government refuses to repatriate Khadr and has only asked Washington not to use information Canadian officials gleaned from him while imprisoned at the Caribbean island facility.

Zinn concluded yesterday the diplomatic note simply wasn't remedy enough.

THE CANADIAN PRESS

Class-action suit gets green light

Several hundred driver's licence and vehicle registration offices can move forward with a class-action lawsuit against the Ontario government for alleged underpayment.

The Ontario Superior Court of Justice decision, which came late last week, identifies the private licensers as a class, giving them permission to continue the lawsuit launched last October.

Most of the province's driver and licence bureaus are privately owned and work under government contracts, which they claim do not adequately cover basic costs like rent and staffing.

THE CANADIAN PRESS

Three guilty in death of Whitby man

Three Toronto men have been found guilty of manslaughter in the death of a man from Whitby.

Police say a Markham jury returned guilty verdicts Sunday against Peijian (Steven) Shi, 21, Zi-Hang (Justin) Ma, 21, and Andrew Cantelon, 21.

They had been charged in the death of 19-year-old Long (Owen) Sha, who died after being attacked at a Richmond Hill mall in May 2007.

A second man received minor injuries in the attack.

Police have also issued first-degree murder warrants for two other males.

THE CANADIAN PRESS

Front Street set for a makeover

The city of Toronto and an urban planning firm unveiled their plan to refresh the stretch of Front Street outside Union Station yesterday.

The vision would turn the busy section of Front between York and Bay streets into a European-style boulevard that facilitates the flow of foot traffic. The design reduces traffic to one lane from two in each direction, with textured pavement so drivers sense a change and slow down. Lighting would be enhanced and sidewalks almost doubled in width.

The intersection of Front and Bay would also receive a facelift.

TORSTAR NEWS SERVICE

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New to Canada?

If you are a new immigrant to Canada then it's very likely that you, as Monica Pop, have a list of top things to do once you land into this country: settle down, look for a place to live, find a school for the kids, get your official government documents, find available resources for immigrants, and establish your finances.

For Monica, making the transition from Rumania to Canada has been an exciting adventure, but also a daunting process. "Deciding to immigrate to Canada wasn't easy. There was so much to do, prepare, and learn. Plus, once my husband, our kids and I got here, there was even more to cover!"

"We had our to-do list and checked each task off as we completed them. We got our official government documents and health cards, figured out transportation, budgeted for our immediate costs. We also knew it was important for us to begin a credit history. There's when Scotiabank and Maria came into our lives", said Monica.

"My uncle had heard that Scotiabank offered a very good program for newcomers and we decided to try it; he was so right! We got so much from that first visit," said Monica.

The *Scotiabank StartRight®* Program was ideal for Monica and her family, said Maria Pereira-Logli, a Personal Banking Officer. "In Scotiabank we know that one of the first things newcomers need to do is to open a Canadian bank account for their day-to-day banking, but also plan for their future.

"With the *Scotiabank StartRight®* Program Monica found everything she needed in one convenient place – a bank account with free transactions for one year, a *No-Fee Scotia Moneyback* VISA*, the ability to use Western Union Money Transfer™ services at any of our branches, and much more," said Maria.

"After just landing in Canada, saving for the future can feel out of reach, but Maria helped us have a plan to save for our children's education, and got advantage from the Mortgage Program specially designed for newcomers to own our house. Maria just figured out a way to make everything work for us. This was a personalized approach that I never had before. "*Scotiabank StartRight®* Program lived up to our expectations and beyond," said Monica.

By the way, Monica just accomplished one more milestone from her list of things to do: She got her first job in Canada!

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Monica Pop and family. Toronto, ON

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Queen's visit goes high-tech at RIM

ADRIEN VECZAN/THE CANADIAN PRESS

▶ Queen Elizabeth II wears 3-D glasses as she watches a movie clip at Pinewood Toronto Studios yesterday. The Royal couple is on a nine-day tour of Canada.

Dozens of cordoned-off RIM workers clap as monarch arrives

A picture of Canadian schoolchildren offering up a virtual bouquet greeted the Queen on her new top-of-the-line BlackBerry as she embarked yesterday on an exploration of the country's technological advancements.

It's rumoured the 84-year-old Queen is no stranger to such devices, but Palace officials wouldn't confirm whether a Royal BlackBerry already exists.

If it didn't, it does now.

Following her whirlwind tour of Canadian high-tech darling Research in Motion in Waterloo, with co-founder Mike Lazaridis, the Queen was presented with her own personalized, white, BlackBerry Bold 9700 smartphone.

The gift included the desktop image of children from Queen Elizabeth Public School in Kitchener offering flowers — a traditional greeting for the monarch with a digital twist.

Outside in the sweltering heat, crowds gathered to catch a glimpse of the Queen, who stopped to speak to war veterans who had taken refuge in the shade of a tree while she toured the facility.

"It was nice talking to her," said Korean war veteran Sid Brougham, 78. "I didn't think we would, but she made time."

Last time he saw the Queen he was a teenager and she was a princess visiting Dorval, Que., on a train, he said.

"She is like everybody else, but to us, she is different. I guess it puts a lump in your throat," he said.

THE CANADIAN PRESS

Lights out

A power outage that left large swaths of Toronto in the dark as the city sweltered yesterday also turned out the lights on Prince Philip.

▶ **Lights** Prince Philip was presenting the Duke of Edinburgh Awards, a program that encourages youth to participate in community service, among other areas, at the Royal York Hotel when the lights went out.

▶ **Power** The emergency power kicked in and Prince Philip soldiered on, presenting the awards in the dimly lit room, joking with parents in the audience.

Teen awaits Cuban trial

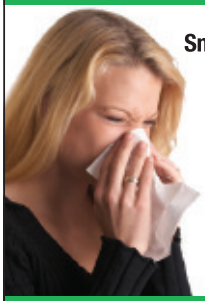
An Ontario teen held in Cuba for nearly two months will wait at least one more to be tried for a traffic accident he was in while on vacation.

Cody LeCompte, 19, has lived at a seaside resort since early May, when he was told he was not allowed to leave the country.

Foreign Affairs' travel advisory for Cuba warns against driving in that country. It says accidents are a frequent cause of arrest and detention of Canadians.

THE CANADIAN PRESS

Do you experience allergy symptoms in the Fall?



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+Taxes & other fees (including service charges): $260
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Sept. 15 • 1 wk.

$419
+Taxes & other fees (including service charges): $296

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News in brief

Veteran MPP to call it quits

OWEN SOUND. Ontario Progressive Conservative Bill Murdoch announced yesterday he will not seek re-election in the October 2011 provincial election.

The 65-year-old politician says he's done all he can at Queen's Park and he's ready to end his 30-plus years in civic and provincial politics. Murdoch, above, said he's making the announcement now to give the party time to find a successor. The outspoken Murdoch has represented the Bruce Grey-Owen Sound riding since 1990.

THE CANADIAN PRESS

Hospital death ruled murder

HAMILTON. Police say the death of an elderly patient at St. Joseph's hospital has been ruled a homicide.

They say a 76-year-old man was found dead in his hospital room on June 7 with another patient — a 69-year-old man — on top of him. The second patient died June 24.

Neither is being identified. Police say the case is now closed.

THE CANADIAN PRESS

Taser maker makes case

VANCOUVER. Taser International says it was unfair for a B.C. public inquiry to conclude the weapon can kill without first giving the company a chance to refute those findings.

The company is in court challenging the findings of the first public inquiry report stemming from Robert Dziekanski's 2007 death at Vancouver's airport — that concluded Tasers can kill and recommended restrictions on their use.

THE CANADIAN PRESS

Feds pull flavoured smokes off shelves

Law bans sale of flavoured cigarettes, cigars aimed at youth ● Canadian Cancer Society applauds move

Canada is pulling flavoured cigarettes and cigars off store shelves today to discourage children and youth from picking up the habit.

The legislation makes it illegal for retailers to sell cigarettes, cigarillos and blunt wraps which contain specific additives or flavourings aimed at youth.

Prime Minister Stephen Harper is calling on tobacco producers and retailers to respect the spirit of the legislation, as well as its legal obligations.

The Canadian Cancer society is applauding the tough new law, calling it the "best legislation in the world restricting flavoured tobacco."

The society says tobacco products flavoured with candy, ice cream and fruit flavours can be a trigger for kids who would never otherwise start smoking.

Retailers have had the past nine months to remove the flavoured products from their shelves. Store owners now caught selling the flavoured tobacco products will be subject to potential enforcement action, including fines.

The cancer society's senior policy analyst, Rob Cunningham, says the law will protect kids from picking up a smoke.

"It is simply wrong to be having an addictive, deadly product that has flavours like peach or mint or cherry or chocolate," he said.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

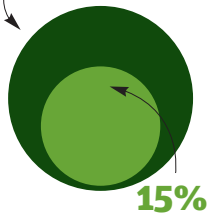
▶ Prime Minister Stephen Harper says the government is committed to protecting youth from "unscrupulous marketing practices by the tobacco industry."

Smokers

Statistics Canada survey for Health Canada

20%

NUMBER OF 15- TO 19-YEAR-OLDS SMOKING IN 1999



15%

NUMBER OF 15- TO 19-YEAR-OLDS SMOKING IN 2008. THAT NUMBER HAS SINCE STALLED.

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Interpol makes unusual plea in hunt for fugitives

Asks global public to report sightings in person or online Quebecer included in list of 26 most wanted

International police agency Interpol launched an unusual appeal yesterday to the global public to report sightings of 26 leading fugitives — including a Canadian — whether on the street or on a Facebook page.

Interpol has been leading an international operation since May aimed at tracking down 450 particularly dangerous fugitives, and has arrested 39 people as a result, including former Colombian model Angie Valencia, wanted by Argentina for drug trafficking.

However, Interpol has failed to find a trace of 26 of the suspects, wanted for murder, human trafficking or child sex abuse. So yesterday, Interpol launched an appeal to the public to report any sign of the 26, releasing their photos and biographical information on its website.

39
People arrested worldwide since May, in an Interpol operation called "Infra-Red."

One of the suspects on the list is 58-year-old Canadian David Carrol, who is also known by the nickname "Wolf."

The Interpol says Carrol is a member of the Quebec Nomads chapter of the Hells Angels motorcycle club. It says he has been convicted of a number of offences including assault, drug trafficking and firearms offences.

The agency also says Carrol is alleged to have been involved in the murder of 13 people and the attempted murder of two others.

THE ASSOCIATED PRESS

Spain. Running of the Bulls

▶ A vendor sets up his toy stall yesterday for the San Fermin Fiestas in Pamplona, Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Festivities under a cloud in Spain

Hordes of people are gearing up to sprint just ahead of the thundering herd in Pamplona, but Spain's famed Running of the Bulls is overshadowed this year by a vote later this month to ban bullfighting in the populous northeastern Catalonia region and a debt crisis that is forcing villages nationwide to cancel subsidized parties known for their wine, food, live music and bullfights.

Cops snoop into alleged spy's laptop

Cyprus police are searching the contents of a confiscated laptop belonging to an alleged Russian spy who has vanished, the east Mediterranean island's justice minister said yesterday.

THE ASSOCIATED PRESS

Writer says threatened over book

Yu Jie, an author who is a fierce critic of the Chinese Communist Party said he was taken by police yesterday and threatened with a prison term if he publishes a book critical of Premier Wen Jiabao.

THE ASSOCIATED PRESS

Israelis march for hostage

Around 15,000 Israelis marched through Tel Aviv and a renowned conductor held a concert near Gaza in a show of solidarity yesterday with a captive soldier held by Palestinian militants for four years.

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Buyers want new homes for less than listed

Survey questions unrealistic expectations ◗ Six out of 10 worry about being able to afford their dream

A majority of Canadians who just bought or are about to buy their first home expect to pay less than the asking price and prefer newer and detached homes over older and semi-detached homes or condos, according to a TD Bank survey.

But the report questioned whether the homebuyers had unreasonable expectations, considering that nine out of 10 took out or expect to take out a mortgage for their home.

"It's only natural to want your first home to be the home of your dreams, but it is important to be realistic about what you can afford," said Farhaneh Haque, a mortgage specialist at TD Canada Trust.

Six in 10 first-time homebuyers said they were worried about being able to afford their home should interest rates rise — a scenario economists say is inevitable after an era of historically low rates sparked a rush into the housing market.

Market moment

TSX	Dollar
– 103.56 (11,092.50)	– 0.23¢ (93.90¢ US)

Oil	Natural gas 1,000 cu ft
N.Y. market closed	$4.729 (+ 4.2¢) Gold contracts N.Y. market closed

PRICES AS OF 3 P.M. YESTERDAY

Only 30 per cent said they plan on more than a 20 per cent down payment, and the remaining 70 per cent will require mortgage insurance.

In Ontario, more homebuyers than the national average planned to put more than 20 per cent toward a down payment.

Six in 10 first-time homebuyers said they bought or intend to buy a fully detached home and three-quarters want a new home. Survey respondents were equally split between preferring a smaller home closer to work and 45 per cent would prefer a larger home with a longer commute.

The majority of those surveyed said they made informed financial decisions before buying, with nine in 10 homebuyers getting pre-approved mortgages and calculating closing costs before buying.

However, closing costs, land transfer tax, and legal fees were the top three costs buyers felt unprepared for.

THE CANADIAN PRESS

Toyota sees sales dive 14 per cent in Canada

Toyota Canada suffered an almost 14 per cent decline in year-over-year monthly sales in June, a big disappointment considering the soaring sales of some of its major competitors.

Toyota reported overall June sales of 16,036 Toyota and Lexus cars, trucks and SUVs, down 13.8 per cent from June 2009.

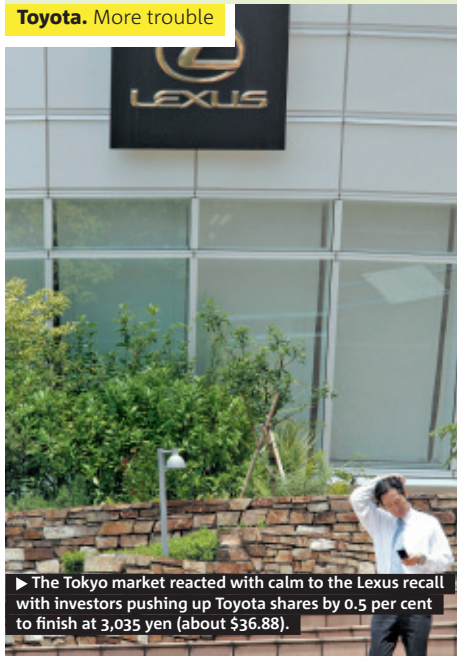
Ford Canada reported 31,707 sales for the month, a 16 per cent increase over last June. Chrysler Canada reported its June sales soared 101 per cent to 9,211 vehicles. General Motors Canada has yet to post its June figures.

THE CANADIAN PRESS

819

The number of Lexus luxury SUVs sold in Canada, up 3.7 per cent for best-ever June sales, Toyota said.

Toyota. More trouble



▶ The Tokyo market reacted with calm to the Lexus recall with investors pushing up Toyota shares by 0.5 per cent to finish at 3,035 yen (about $36.88).

KOJI SASAHARA/THE ASSOCIATED PRESS

Lexus recalls underway

Toyota Motor Corp. started recalling 90,000 Lexus and Crown vehicles yesterday in Japan — out of a total of 270,000 model year 2005 to 2008 vehicles worldwide, including 4,000 in Canada — over defective engines. Toyota said flaws in the valve springs could make the vehicle stall while in motion.

EXES AND OH-NOS IN THE DIGITAL AGE

She says ...

JESSICA NAPIER

Back in the old days (I'm talking pre-Facebook here), I assume it was easier to break up with someone.

Just a quick conversation — thanks, this has been great, it's not you, it's me, etc. — and that would be it. No hassle, no strings and, other than an occasional run-in, you might never have to see or think about that person again.

If only it were that simple.

Now, every broken relationship leaves a not-so-easy-to-erase digital trail. While you might have said your goodbyes in person you're still left with a series of invisible techno-connections.

The trouble is, there's no protocol for dealing with a breakup in the online world. Do I delete them from MSN and un-follow them on Twitter, but remain Facebook friends? How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first.

At one point, my ex and my current boyfriend happened to fall alphabetically next to each other on my BlackBerry contact list. Attempted multitasking and unco-ordinated fingers meant I occasionally sent private proclamations of love to the wrong person.

Yikes.

Anyways, while these absent-minded accidents made for hilarious dinner anecdotes the next day they were always very awkward to recover from at the time. These slip-ups (and an unfortunate incident involving my BlackBerry and the sidewalk) eventually led me to purchase a new phone and delete that particular ex from my mobile world for good.

So, what took me so long? Hitting the delete button on the digital relationship is a lot harder than it seems. Secretly, I think we (or is it just me?) need these digital ties to keep tabs on all of those past romances gone wrong. Online connections satisfy our post breakup curiosities about how the other person is doing and (OK, let's be honest) who they're dating.

It's not so much a problem with letting go — I just want to be able to check up on them every now again.

"How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first."

Cartoon

Rebels without a cause

Letters & Tweets

EDMONTON. Peter McCartney (Is this what democracy looks like?, June 28) is absolutely right in questioning whether the violent G20 events in Toronto were truly the face of democracy.

Everyone has freedom of expression, but that freedom does not imply the freedom to cause harm. Furthermore, violence detracts attention from legitimate demands of peaceful protesters and, in the end, the public will only see a bunch of rowdy rebels without a cause.
STRATYOS KEE

We asked: Should Canada cut ties with the monarchy?

TORONTO. Some might argue the monarchy has no relevance to Canada today and the Queen's successor would be an embarrassment to the country. The monarchy is an institution, not an individual. Canadians have had their share of embarrassing politicians, and we've all survived — so will the institution of a constitutional monarchy.

For those who would like to cut ties with the monarchy, maybe this question should be asked: "Should Canada form a political and economic union with the United States and Mexico and have an integrated North American currency called the 'Amero.' " **PHILIP CHEONG**

The wrong message

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Should MPs be allowed to moonlight?

Email
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Metro has the right to edit letters and submissions.

Noteworthy

Playing the numbers game on Google

What is 2204355 and why are so many people searching for it?

It appears to be one of those unexplainable viral sensations that appear out of nowhere and propagate across the web for no good reason. If you visit Google, type in 2204355 and hit the I'm Feeling Lucky button you'll be presented with the odd video. According to Google, the viral trend has been particularly popular in Canada, the Philippines, New Zealand, Ireland, Singapore, the U.S., and the U.K.
THE CANADIAN PRESS

Metro Minute at Green Barns market

If you're in the area this weekend, make sure to pop by the Green Barns Farmers' Market at Wychwood Park.

The old barn has been converted into an interactive art gallery where local artisans shill their wares. And if all that culture puts you in the mood for something sweet, skip over to the Honey Pie stall. Owner Bay Woodyard will gladly give you a sample of her famous organic cinnamon honey.

If you ask nicely, she may even tell you the secret behind its divine flavour. (Hint: It has to do with wildflowers.)

The Green Barns Farmers' Market is located at 601 Christie St.
JORDANA DIVON

CONTRIBUTED

▶ Honey Pie honey at the Green Barns Farmers' Market.

metro

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2 scene

Winners of world's largest video contest

From submissions in three categories (My Friends, My City, My Fun) from Metro readers in 15 countries, our winners emerge Judged by a star-studded jury, including acclaimed Lady Gaga music video director Jonas Akerlund and our very own Hollywood correspondent Ned Ehrbar Their prize: a trip for two to any of 100 cities where Metro is published

metro VIDEO CHALLENGE
WATCH THE VIDEOS AT METRONEWS.CA/SCENE

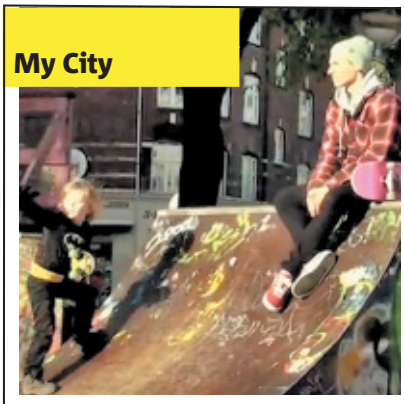
News in brief

1 Former Miss California Carrie Prejean is now Mrs. Kyle Boller, after marrying the Oakland Raiders quarterback at a San Diego resort.
THE ASSOCIATED PRESS

2 The Twilight Saga: Eclipse has has lifted its box-office total to $175.3 million after just six days.
THE ASSOCIATED PRESS

3 Canada's Martin Short will be adding his voice to an animated version of Cat in the Hat.
THE CANADIAN PRESS

My City



SILAS ADDINGTON & ANDERS DEVANTIER, DENMARK

"MY JUNGLE"

What inspired you to make this movie?
My friend Anders came up with the jungle idea that actually just is a twist of the story The Jungle Book from Disney. Something we first found out after we made the film.
Anders is playing the "mysterious skater" in the movie and it is my voice speaking.

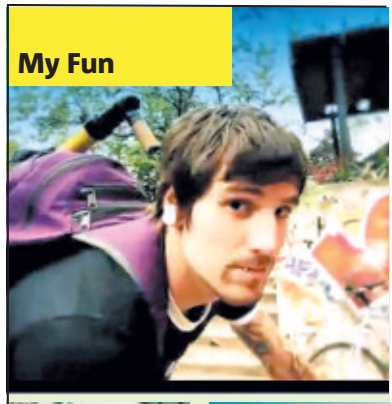
What was your favourite location to film?
When we got access to the SAS-hotel in the middle of Cophagen, and came up on the very top of the building just in time to film the fantastic sunset, that we actually use both in the start of the film and in the end.

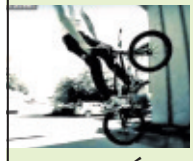
Who is your filmmaking idol?
Well, we are both big big fans of Quentin Tarantino.

What's your favourite film?
Such a difficult question but the film Life is Beautiful by Roberto Benigni is a favourite and of course, the first Ace Ventura movie!

SILASADDINGTON.MVCHALLENGE.COM/DK/VIDEO/1204

My Fun





ANDRÁS MAKOVINYI, HUNGARY

"BMX STREET"

What inspired you to make this movie?
Mark Veres, the BMX rider, protagonist in the movie. This movie is in fact the trailer for a longer film about Mark and the BMX. He is unbelievably talented.

András Makovinyi & crew

What was your favourite location to film?
Perhaps the last shot, the wallride that we recorded in 100p. That trick is really daring, that day we had five punctures, three falls and the pedal broke as well.

What's your favourite film?
The Godfather Trilogy. Classic. No matter how many times I watch it, I can always learn something new from it. But I love everything with Pacino or DeNiro.

Where do you want to go on your winning trip?
"New York City. That's in New York, son. New York State": Frank Slade - Scent of a Woman, to stick with movies. But I am not sure yet, it's so sudden!

WMGOTTI.MVCHALLENGE.COM/HU/VIDEO/629

My Friends

STANISLAV ILYIN, RUSSIA

"ME & MY FRIENDS"

What inspired you to make this movie?
(My friends and I) have already done TV-style funny videos before. However, it didn't bring us true popularity – only among our friends at social networks. Whenever I found the Video Challenge ad in Metro newspaper, I figured out that we could do something really cool. We got the right idea the same evening.

Stanislav Ilyin

What was your favourite location to film?
The most difficult scene in this video was the hospital scene, though it was the toughest one, too. It was a challenge to find an unused pantry and equip it as a hospital ward. But the result was really worth it!

Who is your filmmaking idol?
I get inspiration from directors like Michael Mann and Tony & Ridley Scott. Michael Mann picks out truly impressive soundtracks for his movies.

SERIOUSSERVER.MVCHALLENGE.COM/RU/VIDEO/721

SUMMER SHOWS SIZZLE

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

It's a "good news, bad news" story for music fans this summer — like it is every July to September.

Record releases come to a near standstill, but some of the best concerts happen in the warmest months.

So, instead of making trips to the record stores, here are a few summer concerts you should check out.

Cisco Ottawa Bluesfest, Lebreton Flats Park, Ottawa, July 6 to 18: This sprawling 12-day music event isn't just about the blues — though there is plenty of that. The smorgasbord of artists includes folkie Jason Collett, legendary rockers Joan Jett and the Blackhearts, prog-rockers Rush and some rapper named Drake.

Vanocuver Island MusicFest, Comox Valley Exhibition Grounds, Vancouver Island July 9 -11: West Coasters should consider going to the eclectic Vancouver Island MusicFest, where acts from a variety of genres — folk, blues, soul and more — come together. Make sure to check out Winnipeg folk group Nathan, soul legend Robert Flack and Nunavut's experimental songstress Tanya Tagaq.

Osheaga, Parc Jean-Drapeau, Montreal, July 31 and Aug. 1: If you're going to make one trip this summer, come to Montreal for this massive festival. Weezer, Metric, Arcade Fire, K'Naan and indie pioneers Pavement are all playing. It's rare to see this much talent in one place.

Edmonton Folk Festival, Gallagher Park, Edmonton, Aug. 5 -8: Many cities across the country host folk festivals, but Edmonton has one of the best.

Big acts like Ben Harper, Jakob Dylan and Van Morisson will be playing along side indie artists such as Patrick Watson, Sarah Harmer and Amanda Martinez.

Lollapalooza, Grant Park, Chicago, Aug. 6 - 8: A lot of Canucks skip town during the summer, so even though it's not Canadian I have to add Lollapalooza to the list.

It's always one of the best outdoor fests, but 2010 has an especially good lineup and not only because Soundgarden is reuniting. Lady Gaga, Green Day, Phoenix, The Strokes and Gogol Bordello will even be there as well.

Arcade Fire, Olympic Island, Toronto, Aug. 14: Six years after releasing their debut disc, Montreal's Arcade Fire is still a huge draw.

They may be better suited for theatres and clubs, but, with their frenetic live show, they're one of the only bands I've ever enjoyed at a large outdoor concert.

A must see.

DJ Champion facing battle with lymphoma

Juno-nominated Montreal electronic artist Maxime Morin — a.k.a. DJ Champion — is being treated for lymphoma, his publicist confirmed Monday.

In June, Morin announced the cancellation of his entire concert schedule due to a health issue.

At the time, he neglected to go into detail on the condition but now says he is suffering from lymphoma, a form of blood cancer.

Through his publicist, he thanked his fans, saying they left messages of "support and love" via Facebook and Twitter even though they didn't know the exact cause of his health problem.

▶ Maxime Morin

A veteran of the Quebec music scene, Morin released his debut album as DJ Champion with 2005's "Chill'em All." The record earned a Juno nod for best dance recording and won a SOCAN award and two Felix trophies.

He followed with a remix collection and another new LP — Resistance — in 2009.

The multi-instrumentalist also contributed bass and percussion to the Oscar-nominated song Belleville Rendezvous,from the 2003 film, The Triplets of Belleville.

He memorably performed the song on a bicycle at the Academy Awards.

When he announced the cancellation of his summer shows back in June, a posting on his site said that Morin hoped to begin touring as soon as his health allowed.

THE CANADIAN PRESS

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Dragon tat better in ink

The Girl With the Dragon Tattoo
Genre: Action **Director:** Niels Arden Oplev
Stars: ◍◍◍
The room is locked and the pot is boiling in this first screen adaptation from the best-selling Millennium Trilogy, cyberpunk novels by Stieg Larsson that were published posthumously after the Stockholm journalist/author's death in 2004.

It's the ongoing saga of Lisbeth Salander (Noomi Rapace), the pierced and punk computer hacker who allies with disgraced journalist Mikael Blomkvist (Michael Nyqvist) for adventures of intrigue, danger and even a little romance.

The film eschews the usual getting-to-know-you formalities as it sets up a "locked room" scenario that could be straight from an Agatha Christie or Ellery Queen novel. The "room" is actually a remote Swedish island, the feudal preserve of the

squabbling family of Henrik Vanger, an elderly industrialist. Now a dark and forbidding place, especially in the story's wintry depths, the island used to ring with the sound of happy children.

One of them was 16-year-old Harriet, beloved niece of Vanger, who disappeared in the summer of 1966 after a road tragedy removed the island from mainland contact — and watchful eyes — for most of a day.

Presumed dead, Harriet has long been consigned to the police "cold cases" file. Vanger browbeats ace investigative journalist Blomkvist into reopening the case, which also draws in Salander. She's one messed-up gal, but she's also a genius researcher and hacker, helpful for a hunt that involves a lot of snooping through old files and photographs.

PETER HOWELL.

Fashioning a story

A Single Man
Genre: Thriller **Director:** Tom Ford
Stars: ◍◍◍
As beautiful to watch as it is to heartbreaking to contemplate, fashion designer Tom Ford's directorial debut is a remarkable work of clarity.

Set in Los Angeles shortly after the Cuban Missile Crisis of October 1962, a time of anxiety and intolerance, the film stars an assured Colin Firth as George Falconer, a gay man whose life goes off the rails following the car accident death of his longtime partner Jim (Matthew Goode).

George is normally the very picture of control. His job as a college professor demands it.

But he's unable to cope with his loss, and suicide seems a very real option to him.

He purchases bullets for his handgun and begins making meticulous arrangements for his violent departure.

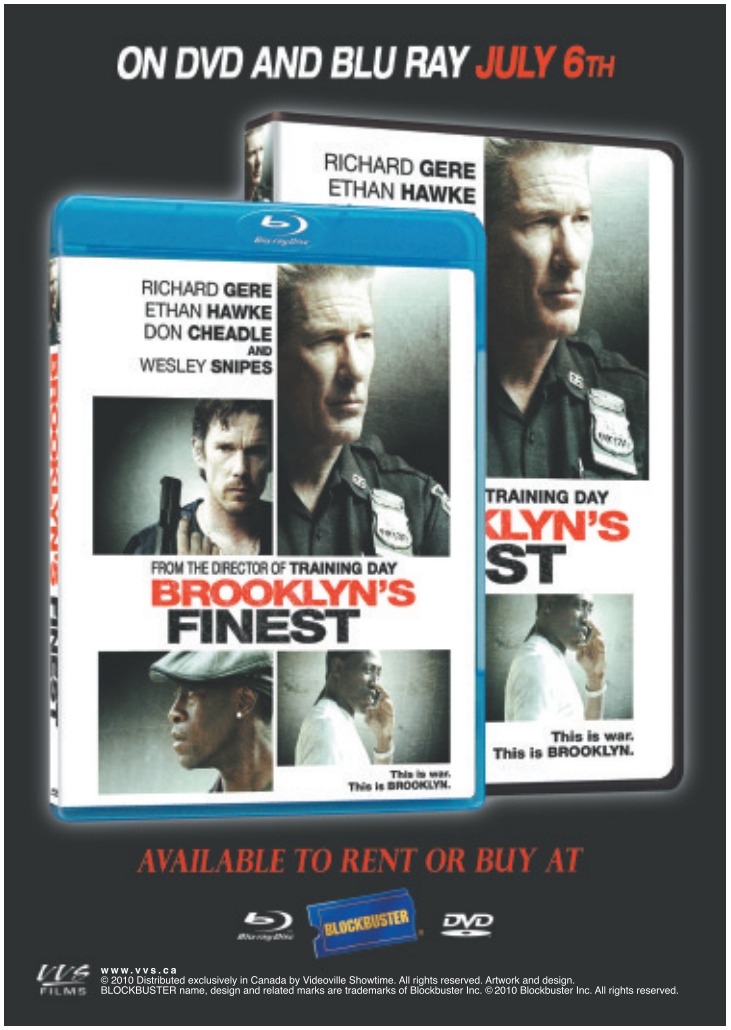
Determined to maintain decorum until the end, and also to say goodbye to his friends, he meets for dinner with his closest female pal, Charley (Julianne Moore), whose own life has been filled with pain.

Doubt and temptation suddenly enters George's life, in the dangerously attractive form of a student named Kenny (Nicholas Hoult), who understands more than his youthful age might suggest.

Based on a Christopher Isherwood story, A Single Man plumbs the depths of love and the human psyche in ways both wise and compassionate. Ford has found a new calling as a filmmaker, and he's working with a cast at the top of its game.

Extras include: a commentary by producer/director Tom Ford and a making-of featurette.

PETER HOWELL.



Improv star Brady hits town, brings the laughs along

Let's Make a Deal host to perform at Toronto Just for Laughs gala on Thursday 'It's a big deal for me'

Actor-singer Wayne Brady will host and perform at a Massey Hall gala on Thursday. The lineup also includes Australian comic Tim Minchin, Canadian funnyman Harland Williams and American standup talents Gabriel Iglesias and Mike Birbiglia.

This will be Brady's third Just for Laughs appearance, after previous stints at the Montreal version.

"It's a big deal for me because it's a great show," said the versatile talent, who has had his own talk show and hosted several game shows, the latest of which is a revived version of Let's Make a Deal.

THE CANADIAN PRESS

▶ Wayne Brady

"And every year that I've gone I've seen tremendous acts and I've been honoured to be a part of it."

Brady will team up with his longtime improv partner, Jonathan Mangum, for the Just for Laughs gig, as well as the two-piece band he's been using in his recent Las Vegas show.

Their improv skits, songs and dance numbers are completely inspired by words yelled out by the audience, so every show is different.

"Audiences yell things out all the time and they're not as strange as you would think because it's almost like every human has certain things hardwired into you," Brady explained.

Brady also interacts with the audience on Let's Make a Deal, which starts taping its second season Friday. THE ASSOCIATED PRESS

TV watch list

Pretty little success story

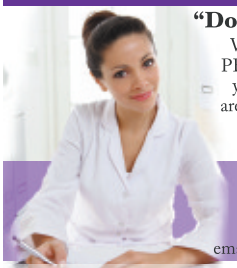
TV. ABC Family has ordered 12 more episodes of the new teen mystery series Pretty Little Liars, making this debut season 22 episodes long. In tonight's episode, the girls suffer the consequences of ignoring their snarky stalker. (MuchMusic)

Where there's smoke ...

FILM. Canadian filmmaker Deepa Mehta's 1996 drama Fire sees two Indian sisters-in-law (Nandita Das, Shabana Azmi) have an affair while stuck in loveless arranged marriages. The film's homosexual content caused much controversy in India, where it was released in 1998. (Sundance Channel)

METRO NEWS SERVICES

INTERNATIONAL PHARMACISTS



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Celebrity tweets

Paris Hilton [@Paris-Hilton] it was absolutely ridiculous what I was put through for nothing. But I'm used to being scape goat

Vanessa Hudgens [@nessaaa-hudgenss] Selecting from a shelf, renting and walking home with a movie in hand is such a fulfilling experience

Kevin Jonas [@kevin-jones] I just watched a guy eat 54 hot dogs I'm full after two how does that even happen. I am truly impressed

Lohan not worried about jail decision

LiLo may also be falling in love with Israeli beauty, sources claim Friends say she's moving too fast

Depending on how things go today, Lindsay Lohan might be spending tonight in jail. Judge Marsha Revel — who was not terribly amused when Lindsay missed a court appearance for the Cannes Film Festival — will decide if she should be locked up for violating her probation.

But Lindsay doesn't seem to be worried, according to TMZ.com: "[Her lawyer] will just fix this like everything else. It's no big deal to her, even though she totally believes Judge Revel hates her guts," a source tells the site.

On a different note, Lohan seems to have found new woman in her life, sources tell TMZ. Things have reportedly been heating up between Lohan and Israeli brunette Eilat Anschel, who the actress first turned to as a "shoulder to cry on." But Lohan's pals are worried she's falling for Anschel too hard and too fast.

METRO WORLD NEWS

GETTY IMAGES

Lindsay Lohan

Talking points

Jess can't get enough of NFL

QB LOVE Jessica Simpson had reportedly turned to the NFL to find love once again. The singer, who previously dated Dallas Cowboys quarterback Tony Romo, is now dating former football player Eric Johnson, according to TMZ. Johnson played for the San Francisco 49ers and the New Orleans Saints. The pair are "very happy," a source says.

METRO WORLD NEWS

Brit dreading sex education

KID CURVEBALL Britney Spears loves being a mom, but there's at least one thing she's not looking forward to. "I'm dreading the moment when my sons ask me how babies are made," she tells Cosmopolitan magazine. The former child star also tells the magazine that she isn't keen on sons Sean Preston, 4, and Jayden James, 3, going into the entertainment business.

METRO WORLD NEWS

Lautner OK with dating fan

YOU CAN HAVE HIM TOO Taylor Lautner says the idea of dating on his many Twilight fans wouldn't be out of the question. "Would I date a fan? Well I don't exclude anyone, so sure, why not?" Lautner says, according to Hollyscoop. "I don't have a type physically, but loyalty and honesty are important."

METRO WORLD NEWS

To Paul Tracy, your autograph is worth a lot.

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With football (a.k.a. soccer) fever at its highest with the World Cup semi-finals going today and tomorrow, Metro speaks to some of the world's top players' other (better?) halves about health, beauty and beating pre-match nerves.

ROMINA McGUINNESS METRO WORLD NEWS

The Wonderful WAGs

3 life

GETTY IMAGES

SYLVIE VAN DER VAART

Wife of Rafael Van der Vaart (Holland)

On health ... I was diagnosed with breast cancer when my son was three years old, an experience that drastically changed my views on life. I now live my life more fully and deeply and I'm appreciative of every single little thing. I get very nervous for my husband before a match and during.

On health, food and exercise ... My husband's conscientious approach to exercise encourages me to do the same. I'm very lucky to be fit and energetic once again. On my lazy days, I like to read and listen to music on my iPod. I have a very healthy diet, although I like to eat what I want. My ultimate guilty pleasure is chocolate. Besides that I work hard to stay in shape. I don't smoke, but I do enjoy the odd glass of wine.

On beauty ... A little bit of concealer and lip-gloss always does the trick. I always wash my face before going to bed and from there I only need around seven hours of sleep. I'm happy with the person that I am and thankful I don't need any interventions such as Botox or plastic surgery. I don't like judging people and I believe everyone should make their own decisions so long as they remain respectful and it makes them happy.

CCIMG

MENAYE DONKOR

Girlfriend of Sulley Muntari (Ghana)

On her lifestyle ... Sulley and I make conscious decisions with what we put in our bodies. I can't resist a good bottle of red wine and living in Italy doesn't make it any easier. Before important matches I get very jittery for my Sulley but I try and stay calm.

On health, food and exercise ... I consider myself a healthy person. I eat a well-balanced diet and get most of my vitamins from fresh fruit and vegetables. I deprive myself of junk food from time to time. I exercise regularly, Sulley and I don't work out together but we are both very active. I'm a cardio-holic, before an important shoot I have sessions with my personal trainer who knows exactly how to whip me into shape. Drinking and smoking are choices people make. Everything needs to be done in moderation.

On beauty ... I have very sensitive skin, so I choose my moisturiser carefully. I always carry great concealer, eyeliner and mascara. No woman is 100 per cent happy with her body, but I try to embrace my flaws and focus on my good features. In terms of Botox and plastic surgery my motto is, 'If you don't like it fix it'. It's important to still have inner confidence otherwise you will be fixed on the outside but broken on the inside. The best relaxation is being home in my bed. I'm not a morning person and I love to sleep 10 hours a night.

JEFFREY CLARK GROSSMAN

IRINA SHAYK

Linked to Cristiano Ronaldo (Portugal)

On her lifestyle ... I'm very healthy and refrain myself from smoking and drinking. I like a glass of red wine every now and then but I was raised in a family where no one drinks or smokes. I love taking in the sunshine and hanging out with my friends in New York — we make sure we wear plenty of sunscreen.

On health, food and exercise ... I workout five times a week. I love Pilates but I also go boxing or jogging. I drink two litres of water every day to keep hydrated and green tea but never coffee. That and eating organic food helps me stay in shape for my photo shoots. My guilty pleasure is ice cream, I just love it.

On beauty ... I never wear foundation and hardly wear any make up. My face is pretty much always clean. Once a month I'll have a facial or go in a steam room to rid my skin of toxins. I work hard on my body ... It's never perfect but I think all women feel that way. We are our worst critics so I push myself everyday to go to the gym and eat right. I try and get eight hours of sleep every night. In terms of my views on plastic surgery and Botox — well it all depends on the reason for it. If a person is the victim of an accident and surgery can make them feel better, I'm all for it. Some flaws give character and make people what they are so it's a shame when people take things to the extreme.

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Staying fit can train your brain

Study finds link between fitness in women and brain health Exercising as a teen can help decrease likelihood of cognitive impairment in old age

CELIA MILNE
WELLNESS@METRONEWS.CA

It's a brain-a-thon. Being active throughout your life might help you think straight as you age.

In a Toronto study, 9,344 older women from the United States described their physical activity levels at four stages of their life: In the teen years, at age 30, at age 50 and after age 65.

These results were compared to their mental functioning at the time of the study; and the result indicated that exercise does seem to affect brain health.

"Women who were more active or who were active at each age had lower rates of cognitive impairment than those who were inactive," said Dr. Laura Middleton from Sunnybrook Health Sciences Centre.

And, in particular, exercise in the teen years pays off, Middleton added.

"The most interesting finding was that it was indeed teenage physical activity status that was most strongly related to likelihood of cognitive impairment at old age."

If you are young, dementia may seem a remote possibility, but it's quite common. Alzheimer's disease and other forms dementia affect one in four Canadians over the age of 65. If you are older and didn't exercise as a teen, don't despair taking up physical activity at any age appears to be helpful against cognitive impairment.

▶ Running can keep your body fit but a new study says exercise also boosts brain health.

Shaping up

Here are some summer shape-up tips from Participaction.

1. Get strong. Do 8-12 reps of 8-10 strength exercises three times a week.
2. Work hard and rest. Repeat. Repeat. High intensity intervals of rowing, cycling and running vault your fitness to a higher level and burn tons of fat.
3. Buddy up. Exercising with your peeps gives you instant naggers and cheerleaders.

CELIA MILNE

30

With our aging population, the number of cases of cognitive impairment is expected to double in Canada over the next 30 years, the Canadian Institutes of Health Research reported.

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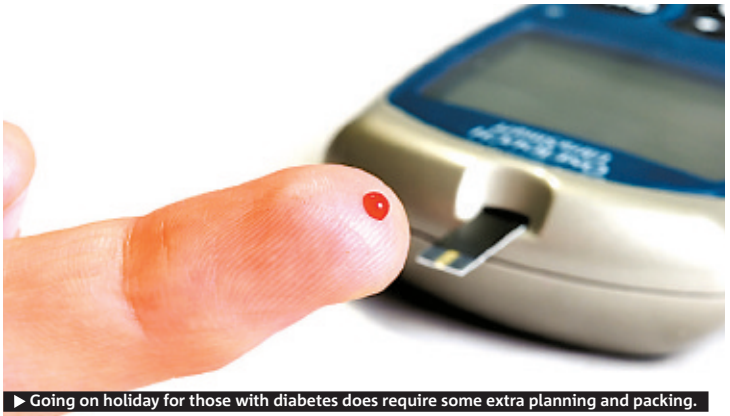

▶ Going on holiday for those with diabetes does require some extra planning and packing.

Tips for travellers with diabetes

◗ Vacationing can get people out of the routine of blood sugar monitoring ◗ Healthy snacks important

CELIA MILNE
WELLNESS@METRONEWS.CA

Time to get away — as far as possible from the hum drum? Here are some tips on travelling with diabetes from Dr. Andrew Farqhar, a family physician in Kelowna, B.C.

45
Percentage of Canadians with diabetes who find it difficult to remember to monitor their blood sugar levels on a regular basis while travelling.

1 Before travelling, book an appointment with your health care provider to discuss your itinerary, so you can plan meals and taking medication.

2 Pack two or three times more medication than you think you will need. Pack diabetes supplies in more than one bag in case some of it gets lost.

3 Always carry snacks with you, in case you're unable to eat your next scheduled meal on time. Cheese and crackers, fresh or dried fruit, granola bars and sandwiches are all healthy choices that are easy to bring along in a carry-on bag, picnic basket or cooler, says Farqhar.

4 Try the new OneTouch test strips which test each blood sample twice to confirm results.

5 Take with you moist towelettes to wipe your fingers prior to testing, a daily record of injections, medications and test results, the instruction manual for your meter as well as extra batteries and test strips.

6 Always ensure someone knows where you are so you can be found in case of an emergency.

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Minimizing the Impact

It's unlikely women will ever give up wearing high heels, an accessory regarded by many as the ultimate confidence booster. Here are the top 5 tips to ensure you stay happy once heeled high.

- **Keep the height** of your heel to 4 cm or below.
- **Variation is important** — if you wear 10 cm heels one day, try no heel or a very low one the next.
- **Avoid backless heels.** The lack of support forces you to claw your toes as you walk.
- **Perform a series** of calf stretches at the end of the day to keep your feet supple and counteract the shortening calf muscle effect caused by heels.
- **Choose a heel** with a strap over the instep as this will hold the foot in a secure position and stop it from sliding forward.

SOURCE: THE SOCIETY OF CHIROPODISTS AND PODIATRISTS UK

Fashion alert: High heels a health hazard

Much loved fashion accessorry can stretch muscles in painful ways Spine, hips, ankles, toes all at risk

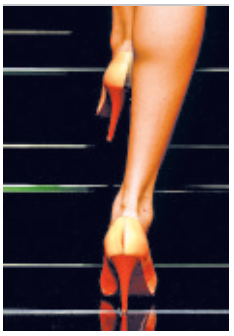
ROMINA MCGUINESS
METRO WORLD NEWS

How does wearing high heels damage your body?

Bunions: Wearing tight fitted shoes may cause a bony growth on the joint at the base of the big toe.

Calf muscle: High heels cause the calf muscle to contract as it is forced to adjust to the irregular angle. In the long term this can cause the muscle to shorten and tighten.

Achilles tendon: The higher heel you chose, the shorter you tendon becomes. This in turn will create heel pain as the front of the foot moves downwards in relation to the heel your Achilles tendon tightens up.



Poor Posture: Holding a good posture is rare when perched in vertiginous heels. The heels push the centre mass of the body forward causing the hips and the spine to move out of their alignment. Bad posture is also responsible for lower back pain.

Knobbly Knees: Walking in high heels alters the posture of walking as it places an excess of force and mass onto the inside of the knee.

Bad Balance: You are at a greater risk of falling over and therefore damaging your ankle (sprain and break) as high heels create bad balance.

Metatarsalgia: High heels force body weight to be redistributed. Wear over long periods can lead to joint pain in the ball of the foot, known as metatarsalgia.

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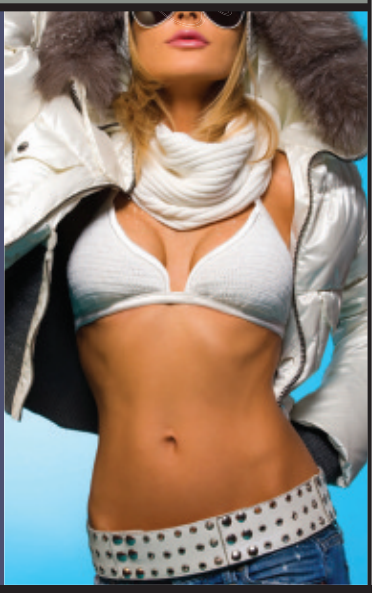

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Market value

I'm a sucker for a sexy label. In fact when faced with a wall of wine at a strange liquor store (and I've been in lots of them) I like to pretend I don't know one grape from another and simply let my eyes be my guide.

One thing I've learned playing this game is that all too often cool names and pretty pictures are wrapped around bottles filled with plain old average juice. That said, there are some winemakers that are able to balance their look with their liquid personality in a way that jumps off the shelf. A great example is the 2009 SeaGlass Sauvignon Blanc ($14.05 - $15.25) from California's Trinchero Family Estates (left).

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Stout and Onion Turkey Burger

Add veggies to keep burgers flavourful, moist, and to give it an extra health boost

ASSOCIATED PRESS

4 portions
Start to finish: 1 hour (35 minutes active)

▶ Use a whole wheat bun to compliment the stout in your turkey burgers

Serve these burgers with a side of sweet potato fries and a few crunchy pickle spears.

Ingredients :

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) chopped vidalia onion
- 250 ml (1 cup) Guinness or other stout
- 30 ml (2 tbsp) Dijon mustard
- 10 ml (2 tsp) chopped fresh thyme or 2 ml (1/2 tsp) dried
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 500 g (1 lb) lean ground turkey
- 250 ml (1 cup) panko (Japanese-style) breadcrumbs
- 75 ml (1/3 cup) shredded sharp cheddar cheese (optional)
- 4 whole wheat hamburger buns or other small wheat bread

Preparation:

1. In a medium saucepan over medium, heat oil. Add onion and saute until softened and slightly golden, 7 to 10 minutes. Add stout and increase heat to high. Boil mixture until reduced by two-thirds and making syrupy bubbles, about 20 minutes. Transfer mixture to a medium bowl to cool for approximately 20 minutes.
2. Heat a gas grill to medium-high or prepare a charcoal fire.
3. Add mustard, thyme, salt and pepper to onion mixture. Add ground turkey and breadcrumbs. Gently but thoroughly combine. Shape into 4 patties, about 2 cm (3/4 inch) thick.
4. To oil grill grates, wet a folded paper towel with oil, hold it with tongs and rub it over grates.
5. Grill burgers until well browned on the underside, 4 to 5 minutes. With a spatula, turn burgers carefully. Grill 4 to 6 minutes more, or until burger registers 74 C (165 F) at the centre. Top with cheese, if using, during last minute of grilling. Meanwhile, toast buns at the edge of the grill. Serve burgers on toasted buns.

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RED PEA SOUP
Prep Time: 15 mins. / Cooking Time: 45 mins.
Serves: 6 persons

Ingredients

12 cups (3L) water
1 can Grace Red Kidney Beans
2 cloves garlic, crushed
1½ tsp. (7.5ml) salt
1 lb. (450g) sweet potato peeled, washed, diced
1 can (400ml) Grace Coconut Milk
1 packet Grace Cock Soup Mix
2 stalks green onion, crushed
½ tsp. Grace Caribbean Traditions Thyme leaves
1 whole hot pepper
1 tsp. (5ml) Grace Caribbean Traditions Black Pepper
8 ozs (225g) beef cut in cubes (optional)
1 lb. (450g) yam, peeled, washed and diced (optional)

Method

1. Pour 2½ liters (10 cups) water in a large pot, add 2 cups of Grace Red Kidney Beans, beef cubes and crushed garlic then bring to a boil.
2. Add Grace Coconut Milk, sweet potato and yam to pot and stir well and allow to simmer for 30 minutes.
3. Add Grace Cock Soup Mix stir until dissolved and simmer for 5 minutes.
4. Add crushed Green Onion, ½ tsp. of Grace Caribbean Traditions Thyme leaves and whole hot pepper, salt and Grace Caribbean Traditions Black Pepper stir and continue to simmer for a further 10 minutes.
5. Add water if necessary to adjust consistency.

LAWS OF ATTRACTION AND COUPLING UP

Do you guys believe in becoming "one" as a couple or keeping independence?

Kate says...
Both, it just depends on which way you're facing. When you are facing outwards, as in presenting yourselves to the outside world, you must be a team.

For example, when faced with curious in-laws, he must support you in your plan to avoid feeding your baby wheat, eggs, nuts, shellfish and tahini, and be outraged when his mother tries feeding her Kraft Dinner, even if he thinks you are a little bit crazy when it comes to infant nutrition.

In turn, you must act like his recent purchase of a $4,000 plasma TV is perfectly normal, even when your financial adviser wonders whether an RESP for the baby would have been a wiser choice.

When you are facing inwards toward each other, you must fight hard to maintain your independence. Stand up for what you believe! There is no worse turnoff than the words "Yes, dear." They mean you just don't care enough.

Bret says...
Okay. So, if saying "Yes, dear" is a turnoff, it follows that saying, "No, dear" is hotter than magma. From now on, I am totally giving up on being nice. Disagreeable but frequently laid! Woo!

Do opposites really attract?

Bret says...
That really depends on what you mean by "opposites." If you mean you're in love with an uptown girl, and now she's looking for a downtown man, and that's what you am, then by all means go for it. It is a classic combination: uptown girl plus downtown man. Remember Julie Andrews — hot, hot, hot as the refined, elegant, practically perfect Mary Poppins.

Remember how radiant she looked on the arm of grubby Bert the chimney sweep? Kick your knees up, step in time! "It's a jolly 'oliday with Mary. It's a jolly holiday with you, Bert." Aw.

They were excellent together. They taught us a lesson about love and how it totally conquers all. We owe them a debt of gratitude.

Kate says...
First of all, I'm pretty sure Bret's view of Mary Poppins as "hot, hot, hot" is his alone, but we'll leave nanny fantasies for another column. I think couples like to think of themselves as opposites. Many announce that they are as a way to say, "Sure we're joined at the hip, but we still have our own brains."

These conversations are held for the benefit of other couples or for single friends who find the couple's new togetherness revolting. Mostly these conversations are about whether one member of a couple will eat shellfish or does/doesn't like Desperate Housewives.

The notion of "opposites" is exaggerated just ever so slightly, as the holders of these conversations often wear matching Eddie Bauer khakis, finish each other's sentences and go on to rave about Spanglish, which, mysteriously, they both loved. This is harmless, if irritating for the listener.

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Taking romance on the road this summer

ISTOCK

▶A romantic summer getaway need not be expensive

If you're in a relationship you feel obliged to dream up the most original, imaginative (and usually costly) date.

If you're still looking for love, then it's time to book yourself a holiday where you can meet like-minded people.

Going solo doesn't have to involve a week of wet t-shirt competitions and speed-dating in Magaluf or Cancun.

For starters, take your best friend on a clubbing weekend and meet cool locals in the bars and clubs of other cities — Vancouver, Montreal, Toronto, or even Halifax.

You might not find enduring love, but you'll definitely get your mojo back.

Alternatively, pick a specialist activity holiday and you can brush up on your favourite subject as you meet people with the same interests as you: photography, yoga, wine-tasting or surfing. METRO WORLD NEWS

Take your date:

Here are two affordable options for romantic getaways that won't break the bank.

1. On a weekend retreat. Pick a destination that's serviced by a low-cost airline or good value when you get there. Go exotic and get lost in the Caribbean.

2. Holidaying at home. Take a mini-break in your hometown. Many hotels offer discounted room rates, especially on Sunday, the quietest night for hotels, after weekenders have left and before business customer arrive. And you can ask for an upgrade or a free breakfast to be included in your deal.

It takes two, baby, to stay fit

It's no secret that expectant mothers need their partners to share responsibility and support them in more ways that one throughout pregnancy.

Although men don't experience the physical transformation that women do during pregnancy, men should take the opportunity to get more engaged with the mother of their child.

Make similar sacrifices to the women, such as cutting out alcohol, and take up a healthier diet and fitness habits.

If, for nine months, men too must eat kale and

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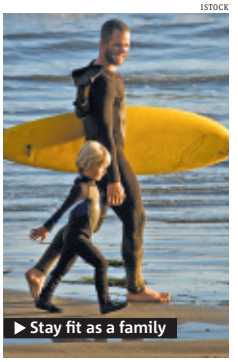
▶ Stay fit as a family

grilled chicken and stay clear of chips and chocolate, it will make it a lot easier for women to cope with these restrictions.

Once the baby is born, allow mommy exercise time and use these moments to bond with your baby alone.

METRO WORLD NEWS

Beware of Buy and Hold

Depending on your situation, it may not be the best investment Young people don't need to take risks

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Investment rules, and common knowledge can be completely wrong when inappropriately applied to your individual situation. Here, two common ones:

1 Buy and Hold is the best approach for most investors.

B & H is one of the most basic axioms of the investment industry. On one hand, it does steer you away from what you don't want to do — jump in and out of investments with every stock market hiccup.

However, it does encourage hanging onto a raft of dogs, which the mutual fund industry loves because you're paying management fees. Also, the B & H mantra keeps most investors from questioning their purchases.

The problem is if a stock or mutual fund is a dog, it will keep barking no matter how long you hold it.

Here's a better rule. Buy, Hold and Monitor. Evaluate your holdings annually. If you notice long-term yipping and howling, show that pooch the door.

2 If you're young, you can afford to take risks.

This is a commonly heard refrain and it's usually the precursor to a mutual fund salesperson loading up a young adult with higher risk (and higher fee) investments. But if you start saving early you can be conservative and still reach your goals thanks to the miracle of compounding where every dollar you earn on your investments goes back into the pot to help your moneygrow. Here's a better rule: If you're young, you don't need to take risks.

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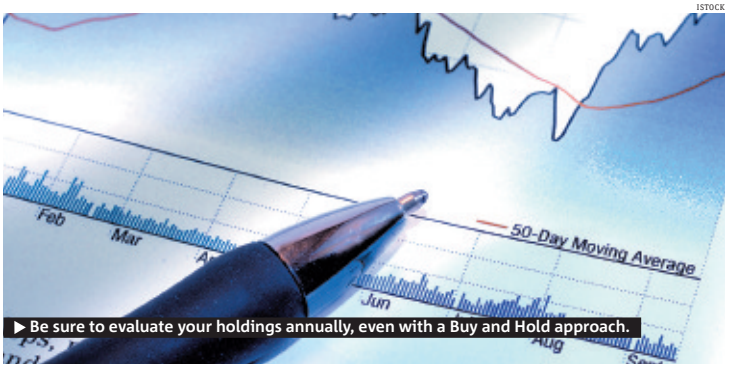

▶ Be sure to evaluate your holdings annually, even with a Buy and Hold approach.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca

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KEEP TRACK OF YOUR HARD-EARNED DOUGH

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA

If you're a busy person, or if you're using more than one financial product, keeping track of your money can be challenging. But, it's important to keep track of your hard-earned dough so you can identify where your money is going, if you're achieving your net-worth goals, and if something falls off the rails, you can take immediate action to rectify the situation.

Experts recommend spending no more than 10 minutes a week monitoring your personal finances. If you're an active trader, however, you'll spend more time at it. One of the best ways to track your monetary progress is through a net worth spreadsheet. For all those non-technical, non-finance folks out there, there's no need to get freaked out. Start by marking the date at the top of your spreadsheet.

Then, identify all your assets — things you own. Write down the name of the institution where your accounts are held, followed by the type of account, then how much money is in the account.

To get a handle on how many accounts you have (since many Canadians have more than one bank account, investment account, loan, credit card, and ATM card) look at all the statements that come in the mail or, better yet, view your account online and save a tree.

Once you've listed your assets, total them up. So, for example you might have a Scotia Bank RRSP with $5,000 and an ING Savings account with $2,000 for a total of $7,000 in assets.

Do the same with your liabilities — things you owe money on. Identify where your account is held, the type of liability it is and how much you owe.

So, for example, you might have an RBC car loan with $10,000 owing and a Canada Student Loan with $15,000 owing for a total of $25,000 in liabilities.

Once you've listed assets and liabilities, subtract your liabilities from your assets and voila — that's your bottom line.

Ultimately, you'll want to grow your net worth through a combination of asset growth and debt reduction.

One of the best ways to do this is by tracking where you are now and setting realistic net worth goals for the future.

Interest rates/ Savings accounts

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ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Credit card grace period

As of September 1, 2010, the grace period for new purchases made on credit cards will be at least 21 days. To find out more, go to fcac.gc.ca.

NEWS CANADA

News in brief

Booming U.S. enrolment leads to cuts in marketing

EDUCATION Several American community colleges have reduced their advertising budgets because they don't have any trouble recruiting students, especially with the poor economy helping to drive up enrolment reports Inside Higher Ed. Florida-based Brevard Community College, where enrolment has grown by a third in the last three years, cut its advertising budget by 62 per cent this fiscal year. One college president told Inside Higher Ed they are not worried about the lavish advertising spending by for-profit counterpart schools because in their view if they have a terrific product, they wouldn't need to advertise so much.

METRO NEWS SERVICES

Twitter doesn't mix with college

EDUCATION Twitter is more popular with admissions officers than it is with students, according to a recent study by The Chronical of Higher Learning. A survey of 200 prospective students and 70 admissions offices found that while 40 per cent of college admissions offices are active on Twitter, just 15 per cent of prospective students expressed interest in using Twitter to learn about colleges. METRO NEWS SERVICES

Dawson to tackle violence

CONFERENCE Dawson College and the Association of Canadian Community Colleges will stage an international conference on school violence at Dawson in September 2011, which will coincide with the fifth anniversary of the shooting at the Montreal CÉGEP, the Montreal Gazette reports.

METRO NEWS SERVICES

Stop burnout before it starts

- Feel like you're burning both ends of the candle at at work?
- Many employees feel guilty for acknowledging career fatigue

DREW HINSHAW
METRO WORLD NEWS

ISTOCK

▶ Feeling exhausted or cynical at your job? You might be burnt out .

Well into the great recession, it's a personal catastrophe to lose your job, but an altogether more common tragedy to lose interest in your job.

Even what was once a dream position can become a feet-shuffling drag after rounds of layoffs, pay cuts, revoked promotion possibilities and job description tweaks.

The key to keeping your mind, body, career and reputation in positive health is to watch out for burnout.

"For a prolonged period, have you felt exhausted, cynical and ineffective at your job?" asks career mentor Cindy Pladziewicz. "You kind of lose your spirit … That's burnout."

It's today's quietly raging workplace epidemic, agrees Maggie Mistal, host of Sirius Radio's Making a Living. In fact, many employees may feel guilty for even acknowledging such inner career fatigue.

"In this economy, there is no outlet for venting," says Mistal. "It still comes back to, 'Oh, you should be lucky to have a job.'"

But there's no reason a job you're lucky to have shouldn't feel like a job you're lucky to have, if you're willing to reinvest yourself emotionally.

"You have to start off by being realistic about where you are," says Pladziewicz, who recommends seeking new roles and keeping a work diary if you're not sure what motivates you.

"Notice those moments where you're engaged," she suggests.

Need time off?

Whether it's for an illness or a great short-term opportunity, some people need extended time off. Asking for it can be tricky, but Nancy Altilla, a spokesperson for human resources firm Mercer Canada, says employees should just be honest.

- "Tell the truth," she says. "Most employers have policies for compassionate leave of absences."
- It helps if you can articulate why they should keep you and what they should do after you leave. "Tell the boss how you add value," she says. "And suggest how things might carry on while you're gone."

BRYAN BORZYKOWSKI

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ISTOCK PHOTO

▶ The program features two months of hands-on experience overseas.

Course aims to help developing nations

- Loyalist College launches International Support Worker post-grad program
- Starting this September, the course is one of only two in the province

Government funding to Canadian aid groups may have taken a hit this past year, but a new program that will train international aid workers is getting ready to open its doors to students in September.

The International Support Worker program will begin its inaugural year in the fall at Loyalist College in Belleville, Ont.

The year-long post-graduate program features two months of hands-on experience overseas, first in southern Mexico, then in a developing country of the student's choice.

"It's a critical examination of international development," co-ordinator Garry Warren said of the curriculum, which focuses on building capacity in others rather than filling positions overseas with Canadians.

"You don't just show up and then fly back home."
CO-ORDINATOR GARRY WARREN

The well-travelled college teacher has been involved in international development for years, taking more than 800 people to Mexico over the past 15 years to expose them to people living in urban and rural poverty.

When keen students began lining up their own development jobs after their time in Mexico, Warren began to consider a specific program geared toward international development.

He said there is one other school in Ontario that offers a program geared to practical development work, but Loyalist offers more hands-on experience.

"I think there's a real need for it," Warren said. "The plan is that these folks will be really useful for other organizations."

Warren said it has taken him years to develop trusting relationships with his contacts in Mexico. Part of his teaching will focus on making students aware of their own positions of privilege and power and creating meaningful dialogue with the people they encounter.

"You don't just show up and then fly back home," he said. THE CANADIAN PRESS

Themes

Themes like poverty reduction, public health, conflict resolution and the creation of jobs will be explored with students in the first semester of the course. As well, students will also learn Spanish.

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4 sports

‘Bob lost the fight of his life’

Former NHL tough guy Probert dead at age 45

Former NHL tough guy Bob Probert, who played for the Detroit Red Wings and Chicago Blackhawks and struggled to overcome drinking problems, has died. He was 45.

Probert died after collapsing with severe chest pains while enjoying an afternoon of boating with his family. He was taken to hospital around 2 p.m. ET yesterday, according to family friend Rick Rogow.

“The hospital did everything it possibly could,” Rogow told reporters at Windsor Regional Hospital.

“It’s a sad day,” he added.

Probert was spending the day with his family on Lake St. Clair in the Windsor area.

His father-in-law, Dan Parkinson, a police officer who was on the boat, attempted to revive Probert using CPR.

“This is a tragedy for the family,” said Parkinson. “We ask that you respect their privacy at this time. This was totally unexpected. Bob lost the fight of his life this afternoon.”

Probert played for the Red Wings from 1985 to 1994, and for the Blackhawks from 1995 to 2002. He was considered one of the league’s all-time great enforcers.

“He was always a competitor in that Detroit-Toronto rivalry in that old Chuck Norris Division we played in,” said former NHL forward and tough guy Wendel Clark.

“Bob was a guy that started strictly as a tough guy but made himself a player,” said Clark.

Stats

- Over 16 NHL seasons with the Red Wings and Blackhawks, Bob Probert recorded 384 points (163 goals, 221 assists) in 935 regular-season games.
- His career total of 3,300 penalty minutes is fifth on the NHL’s all-time list.
- Probert had 48 points (16-32) and 274 penalty minutes in 81 career playoff games.

JONATHAN DANIEL/GETTY IMAGES

▶ In this 2002 photo, Bob Probert, left, of the Chicago Blackhawks exchanges blows with Peter Worrell of the Florida Panthers.

“He played more than just a tough guy role. He had some goals and played a regular shift.”

Probert and Clark played briefly together in Chicago.

Probert battled alcohol problems throughout his career and had several brushes with the law.

He also appeared on the CBC reality series Battle Of The Blades last year.

THE CANADIAN PRESS

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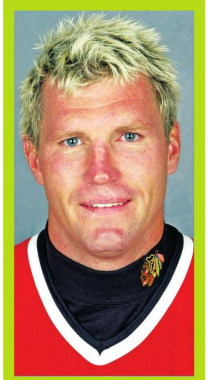

“Off the ice, he was a guy everybody got along great with. He always brought everybody together. He was one of the good guys.”
WENDEL CLARK ON BOB PROBERT

“My favourite memory of Bob would be sitting down before a game, going over the opposing lineup and picking and choosing who would go first and if the goalie would be safe or not. It was great to be able to go out on the ice knowing that he had my back and I had his.”
FORMER TEAMMATE JOE KOCUR

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Sports in brief

Spain's Torres still hurting

SOCCER. Spain striker Fernando Torres says he still has not fully recovered from knee surgery in April. Spain plays Germany tomorrow in the World Cup semifinals at Durban's Moses Mabhida Stadium. Torres says he is "not at his physical best" after struggling for form. The Liverpool striker has failed to score in five games at the tournament so far.

Nigerian president drops threat

SUSPENSION. Nigerian president Goodluck Jonathan dropped a threat yesterday to suspend the national soccer team because of its poor World Cup showing and corruption allegations.

THE ASSOCIATED PRESS

Just one win away from World Cup finals

Uruguay enters semifinal match against Netherlands as underdogs

▶ **Time:** 2:30 p.m.
Channel: CBC

Netherlands coach Bert van Marwijk is not planning on changing his tactics for the World Cup semifinal against Uruguay despite criticism about the lack of Dutch flair that has dogged his team throughout the tournament.

"We are continuing down the road we have chosen," Van Marwijk said yesterday.

"I will not let anyone distract me from that."

Uruguay coach Oscar Tabarez, meanwhile, is drawing inspiration to beat the favoured Dutch from the 1950 "Miracle of Maracana," when his tiny country beat Brazil at Maracana stadium to earn its second World Cup title.

"The history of the World Cup is full of results that nobody could have expected, and they continue to happen," Tabarez said. "Why shouldn't we be able to win Tuesday?"

But, he added: "I know we have to play a perfect game and we're going to approach it with all of our effort."

Uruguay, ranked No. 16 in the world, is a two-time World Cup winner, while the fourth-ranked Netherlands is still trying to shake off the tag of two-time loser after talent-packed Dutch teams lost to hosts Germany and Argentina in 1974 and 1978.

"We have to beat Uruguay. We're just thinking of one thing: We want to win the World Cup. This is our time."
WESLEY SNEIJDER

"We have to beat Uruguay," Wesley Sneijder told the official Dutch supporters website.

"We're just thinking of one thing: We want to win the World Cup. This is our time."

THE ASSOCIATED PRESS

JULIE JACOBSON/THE ASSOCIATED PRESS

▶ Netherlands' Wesley Sneijder kicks the ball yesterday while practising drills during a team training session.

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Departs Aug 6/nol/c6. ADD up to two kids ages 2-11 years for $99 each plus taxes.

USA Vacations

Orlando Harry Potter, Wizarding World
Air + 7 Nights + Passes $349◊
Ramada Gateway — + taxes & fees $239
INCLUDES 3-day pass to Universal Studios including the new Wizarding World of Harry Potter. Departs Jul 15/ggv/ts.

New York Air + 3 Nights 4-Star $529
Wyndham Garden Hotel Times Square South — + taxes & fees $124
Departs Aug 23/htl/dl.

Honolulu Family Special
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7 Nights + Rail + Activity $2369‡
various hotels - call for details — taxes & fees included
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Europe Vacations

Barcelona Calella
Air + 7 Nights **$887**
Apartamentos Neptuno — + taxes & fees $306
INCLUDES airport transfers and accom with kitchenette in Calella, close to the beach and less than 1 hour from Barcelona. Departs Sep 11/vat/ts.

Greece & Turkey
Air + 4 Nights + 3-Night Cruise $1109
M/V Aquamarine & Kaningos 21 (Athens) — + taxes & fees $427
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Niagara Falls Vacations

Niagara Falls Family Special
1 Night + Waterpark Passes $58‡‡
Great Wolf Lodge — taxes & fees included
INCLUDES accom at Great Wolf Lodge with waterpark pass. Departs Jul 15/ggv.

Niagara Falls & Marineland
Family Special
1 Night + Park Admission $99‡‡
Oakes Overlooking the Falls — taxes & fees included
INCLUDES admission to Marineland and daily breakfast for two. Departs Jul 15/ggv.

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TICO

Raptors introduce two new players

GM says he was pleasantly surprised that draft day acquisitions were available ◗ Bosh still part of plans

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Raptors GM Bryan Colangelo, centre, introduces Toronto's new draft picks Ed Davis, right, and Solomon Alabi at the ACC yesterday.

Regardless of where all-star forward Chris Bosh ends up playing next season, Toronto Raptors general manager Bryan Colangelo is confident the team is set for the future with Ed Davis and Solomon Alabi.

Toronto selected Davis, a six-foot-10 forward from North Carolina, in the first round, 13th overall, in last month's NBA draft. The Raptors then acquired the draft rights (second round, 50th overall) to Alabi, a seven-foot-one Florida State centre, from the Dallas Mavericks for a 2013 conditional second-round pick and cash considerations.

The six-foot-10 Bosh became a free agent July 1 and is one of the league's marquee players on the market right now, along with superstars LeBron James and Dwyane Wade.

Colangelo said Bosh's uncertain future wasn't the sole reason Toronto decided to take Davis and Alabi in the draft.

"We said all along, regardless of what happens, we're going to take the best players available," Colangelo said. "We landed the guy (in Davis) that perfectly fits our roster and our needs right now as we speak with all the uncertainty there.

"I would say with both players we were a little bit surprised to see on the board."

The overwhelming sentiment is Bosh will leave Toronto this summer, but Colangelo said he hasn't ruled out Bosh returning to the Raptors.

THE CANADIAN PRESS

Top talent

Ed Davis and Solomon Alabi, acquired by the Raptors at June's NBA draft, come to Toronto with great track records.

Ed Davis The Raptors have a player who led the Tar Heels in rebounding (9.6 per game), blocked shots (2.8), and was second in scoring (13.4) in his sophomore season. Davis was a member of North Carolina's NCAA championship team in 2008-09 as a freshman.

Solomon Alabi A native of Nigeria, Alabi led the Seminoles in his sophomore season with 11.7 points and 6.2 rebounds per game. All that despite having been diagnosed with hepatitis B. Colangelo said the Raptors have received assurances from both Alabi's doctors as well as the NBA club's medical staff that the player's condition shouldn't be a problem.

Sports in brief

▶ Amare Stoudemire

Stoudemire heading to N.Y.

NEW YORK. Amare Stoudemire is headed to the New York Knicks — and both sides are hoping he's not coming alone.

The Knicks said yesterday they intend to sign Stoudemire to a contract later this week when the free agent moratorium period ends. Stoudemire's agent, Happy Walters, said the deal is for the maximum allowed, which would be nearly $100 million US over five years.

Wearing a blue Knicks hat, Stoudemire said he looks forward to rebuilding a franchise and bringing the Knicks back to the top — maybe with a player such as LeBron James or Dwyane Wade with him.

"I feel great about being a pioneer and showing my leadership," he said at Madison Square Garden.

The deal can't be signed until Thursday, after the salary cap for next season has been set.

It was a desperately needed score for the Knicks, who spent two seasons clearing enough cap space to afford two top players. They met with James, Wade and Chris Bosh last week and believe they could still land one of them.

Stoudemire has already started recruiting, saying he spoke to James' people and directly to Wade last week. THE ASSOCIATED PRESS

LeBron takes break in Ohio

AKRON, OHIO. LeBron James took a break from his whirlwind courtship to get back on the basketball court. The NBA's most wanted man made a surprise appearance yesterday at his Nike Skills Academy to work out as the sports world awaits his decision on where he will play next season. James was not expected to attend the camp featuring some of the top college and high school players in the U.S. until today. THE ASSOCIATED PRESS

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Chavanel wins 2nd Tour stage

Lance Armstrong and dozens of other Tour de France riders were caught up in a series of crashes yesterday during a rain-splattered second stage won by new race leader Sylvain Chavanel of France.

▶ Chavanel

In one of the spills, Armstrong and defending Tour champion Alberto Contador of Spain tumbled to the asphalt on a slippery descent from the mid-grade Stockeu Pass toward the end of the 201-kilometre run from Brussels to Spa.

Both sustained scrapes but finished the stage and were OK, their teams said.

Many riders believed a mixture of motor oil and water on the roads was to blame.

Chavanel collected his second career Tour stage victory after joining a small early breakaway group and then gradually distancing them.

The 31-year-old Quick Step rider clocked four hours 40 minutes 48 seconds on the stage.

THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	50	31	.617	-
BOSTON	49	33	.598	1.5
TAMPA BAY	48	33	.593	2
TORONTO	41	42	.494	10
BALTIMORE	25	57	.305	25.5

AL CENTRAL

	W	L	Pct	GB
DETROIT	44	37	.543	-
MINNESOTA	44	38	.537	.5
CHICAGO	42	38	.525	1.5
KANSAS CITY	36	46	.439	8.5
CLEVELAND	32	49	.395	12

AL WEST

	W	L	Pct	GB
TEXAS	48	33	.593	-
LOS ANGELES	46	38	.548	3.5
OAKLAND	41	42	.494	8
SEATTLE	34	47	.420	14

Yesterday's results

Detroit 12 Baltimore 9
L.A. Angels at Chicago White Sox
Boston at Tampa Bay
Cleveland at Texas
N.Y. Yankees at Oakland
Kansas City at Seattle

Today's games

Baltimore at Detroit, 7:05 p.m.
Minnesota at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
L.A. Angels at Chicago White Sox, 8:10 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.
Kansas City at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	48	34	.585	-
NEW YORK	46	36	.561	2
PHILADELPHIA	42	38	.525	5
FLORIDA	38	43	.469	9.5
WASHINGTON	36	47	.434	12.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	47	36	.566	-
ST. LOUIS	45	37	.549	1.5
MILWAUKEE	37	46	.446	10
CHICAGO	36	47	.434	11
HOUSTON	32	51	.386	15
PITTSBURGH	30	52	.366	16.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	49	33	.598	-
LOS ANGELES	45	36	.556	3.5
COLORADO	44	38	.537	5
SAN FRANCISCO	42	40	.512	7
ARIZONA	32	51	.386	17.5

Yesterday's results

Chicago Cubs 9 Arizona 4
San Francisco 6 Milwaukee 1
Atlanta at Philadelphia
Cincinnati at N.Y. Mets
Florida at L.A. Dodgers

Today's games

Atlanta at Philadelphia, 7:05 p.m.
San Diego at Washington, 7:05 p.m.
Cincinnati at N.Y. Mets, 7:10 p.m.
Pittsburgh at Houston, 8:05 p.m.
San Francisco at Milwaukee, 8:10 p.m.
St. Louis at Colorado, 8:40 p.m.
Chicago Cubs at Arizona, 9:40 p.m.
Florida at L.A. Dodgers, 10:10 p.m.

WORLD CUP

Today's game

Netherlands vs. Uruguay, 2:30 p.m.

Tomorrow's game

Germany vs. Spain, 2:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
WINNIPEG	1	1	0	0	49	29	2
MONTREAL	1	0	1	0	51	54	0
HAMILTON	1	0	1	0	29	49	0
TORONTO	1	0	1	0	16	30	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	1	1	0	0	54	51	2
CALGARY	1	1	0	0	30	16	2
B.C.	1	1	0	0	25	10	2
EDMONTON	1	0	1	0	10	25	0

Friday's game

Toronto at Winnipeg, 8 p.m.

Saturday's games

Calgary at Hamilton, 1 p.m.
Saskatchewan at B.C., 10 p.m.

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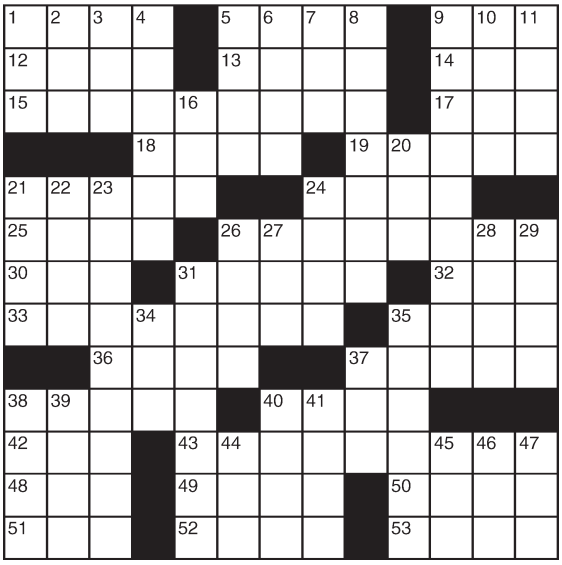

Across
1 Men-only
5 Secular
9 Feline
12 Wrong
13 Enjoying greatly
14 Raw rock
15 Sidekick
17 Wire measure
18 Perches
19 Calyx leaf
21 Happen
24 Island dance
25 To — it may concern
26 Collective abilities needed for a task
30 — de plume
31 Michigan city
32 Hot tub
33 Replace
35 Pay attention
36 Now, on a memo
37 Gives over
38 Column style
40 Wan
42 Japanese sash
43 Buddies
48 Swindle
49 Notion
50 Land measure
51 Small barrel
52 Fender bender
53 Knitter's need

Down
1 Pouch
2 Pair
3 Sleeve contents
4 Drywall material
5 Fuzz on clothes
6 Blackbirds
7 Judge Lance
8 Seek advice from
9 Encircled
10 Met melody
11 Spill the beans
16 Football filler
20 Right angle
21 Possesses
22 — En-lai
23 Showing similarities
24 Clue
26 Openhand hit
27 Family
28 Duel tool
29 Young ones
31 Limp
34 Omega preceder
35 Time of prosperity
37 Half a dance?
38 Lakeside structure
39 Reed instrument
40 "So be it"
41 Lovers' quarrel
44 Praise in verse
45 Nipper's co.
46 Mess up
47 100th of a yen

▶ Yesterday's answer

Sudoku

9	4			3	2	8		
	1		9			6		4
8	6							
			1					7
			8		9			
5					3			
							4	5
2		4			1		7	
		6	2	9			8	3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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Yes, i will marry you!!! I love you!!!
MCH

To my friends, family and my pumpkin spice latte Ricky, I just want to say how much I love you all and thank you for always being there for me.
BELLA XO

My darling Vee, our world may be that of Capulets and Montagues, but I will love you evermore.
LOVE KEY

I love you so much Pooh Bear that I think I just might pass out
SNUGGIE BUGGIE WUGGIE

Sophie L, you are a very special, beautiful, talented girl. I feel so lucky to have you as my daughter. I love you so much.
MOM

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Today Variable 33°/ 23°
Wednesday Variable 34° / 24°
Thursday 40% Thundershowers 32°/ 21°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is no point getting angry with people who let you down. Cosmic activity in one of the more emotional areas of your chart means that loved ones will take what you say seriously.

♉ Taurus April 23-May 21 Others may say you are avoiding your problems, and maybe you are, but this is one of those days when avoiding your problems may turn out to be the best way of dealing with them.

♊ Gemini May 22-June 21 You will be either far too generous or far too selfish today — there seems to be no middle ground with you at the moment. If someone asks for a handout you would be wise to plead poverty.

♋ Cancer June 22-July 22 You may be eager to prove to the world that you have what it takes but if you do too much too soon there is a danger you will grind to a halt later when your energy and motivation begin to wane.

♌ Leo July 23-Aug.23 Focus on one goal at a time and don't allow yourself to think about anything else until you have reached it.

♍ Virgo Aug. 24- Sept. 22 Friends and family are even more demanding than usual, which makes it even more necessary than usual to keep some special time for yourself. You don't have to be on duty every minute of every hour of every day.

♎ Libra Sept. 23-Oct. 23 Your No. 1 aim now is to make sure that the balance between your home life and your working life is stable and enjoyable. If there are things you want to do that you don't have time for then adjustments are clearly needed.

♏ Scorpio Oct. 24-Nov. 22 Pluto in the communications area of your chart seems to be bringing an annoying amount of criticism your way.

♐ Sagittarius Nov. 23-Dec. 21 Whatever else you do over the next 24 hours, don't panic. Others may be preaching doom and gloom and the end of the world but their sort have been around since the dawn of time — and we're still here. Worry is for losers.

♑ Capricorn Dec. 22-Jan. 20 A friend or family member will offer to take some of your workload off your hands today, which is nice of them, but can you be sure they will do a good job?

♒ Aquarius Jan. 21-Feb. 18 Follow your instincts today, even if it puts you at odds with everyone else. You have never been the sort to worry about what the world thinks of you and there is no good reason why you should start now.

♓ Pisces Feb. 19-March 20 There is no point complaining that some individuals don't know how to behave. The more of a noise you make, the more likely it is they will annoy you.
SALLY BROMPTON

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KEVIN HARE/THE ASSOCIATED PRESS

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